

FOOTNOTES 2282360

Exchanges Made Easy

Diabetic Diet Management System

Figure 1

FOOTING 23E860

2

4

8

6

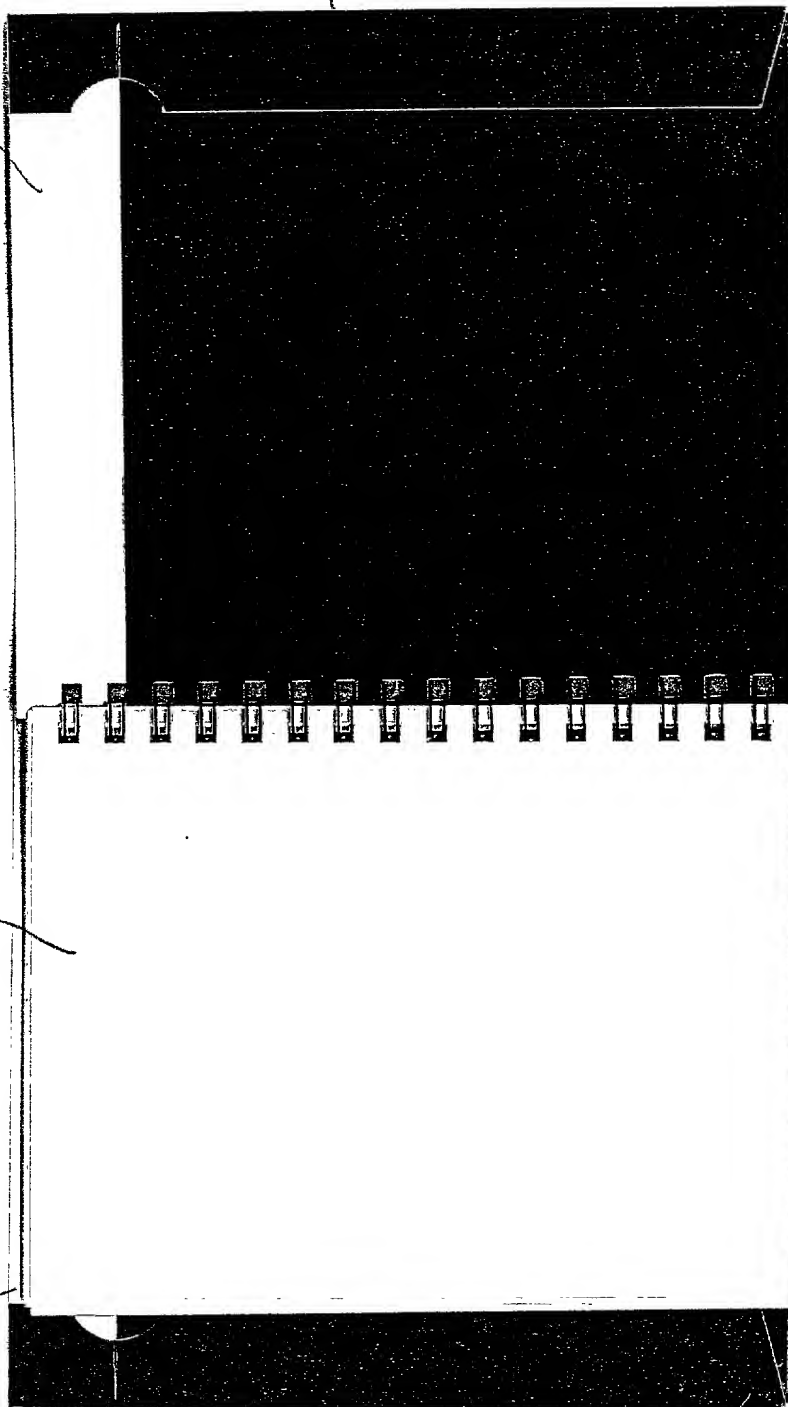


Figure 2

20
22

FRUIT

Apple juice or cider	1/2 cup
Apple, small	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	1/2 cup
Apricots, canned	1/2 cup
Apricots, dried	8 halves
Apricots, fresh	4 whole (5 1/2 oz)
Banana, small	1 (4 oz)
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe, small	1/3 melon or 1 cup cubes
Cherries, sweet, canned	1/2 cup
Cherries, sweet, fresh	12 (3 oz)
Cranberry juice cocktail	1/3 cup
Dates	3
Fruit cocktail	1/2 cup
Fruit juice blends, 100% juice	1/3 cup
Grape juice	1/3 cup
Grapefruit juice	1/2 cup
Grapefruit, large	1/2
Grapes, small	17 (3 oz)
Honeydew melon	10 oz. slice or 1 cup cubes

Figure 3

20
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Kiwi	1 (3 1/2 oz)
Mandarin oranges, canned	3/4 cup
Nectarine, small	1 (5 oz)
Orange juice	1/2 cup
Orange, small	1 (6 1/2 oz)
Peach, medium, fresh	1 (6 oz)
Peaches, canned	1/2 cup
Pear, large, fresh	1/2 (4 oz)
Pears, canned	1/2 cup
Pineapple juice	1/2 cup
Pineapple, canned	1/2 cup
Pineapple, fresh	3/4 cup
Plums, small	2 (5 oz)
Pruit juice	1/3 cup
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries	1 1/4 cup whole berries
Tangerines, small	2 (8 oz)
Watermelon	13 oz slice or 1 1/4 cup cubes

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Figure 4

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MILK

Buttermilk, nonfat or low-fat	1 cup
Milk, 1/2 %	1 cup
Milk, 1%	1 cup
Milk, 2%	1 cup
Milk, evaporated skim	1/2 cup
Milk, evaporated whole	1/2 cup
Milk, goat's	1 cup
Milk, nonfat dry	1/3 cup dry
Milk, skim	1 cup
Milk, sweet acidophilus	1 cup
Milk, whole	1 cup
Yogurt, nonfat or low-fat fruit-flavored, sweetened with artificial sweetener	1 cup
Yogurt, nonfat plain	3/4 cup
Yogurt, plain low-fat	3/4 cup

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Figure 5

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STARCH

Animal crackers	8
Bagel	1/2 (1 oz.)
Baked beans	1/3 cup
Beans dried, cooked	1/2 cup
Biscuit, 2 1/2" diameter	1
Bread sticks, crisp [4" x 1 1/2"]	2 (2/3 oz.)
Bread, reduced-calorie	2 slices (1 1/4 oz.)
Bread	1 slice (1 oz.)
Bun, hot dog or hamburger	1/2
Cereals, cooked	1/2 cup
Cereals, unsweetened, ready-to-eat	1/2 cup
Corn on the cob, medium ear	1 (5 oz.)
Corn	1/2 cup
Corameal, dry	3 Tbsp
English muffin	1/2
Flour, dry	3 Tbsp
Graham crackers, 2 1/4" square	3
Grits, cooked	1/2 cup
Melba toast	4 slices
Oats, cooked	1/2 cup
Oyster crackers	24
Pancake, 4" diameter	2
Pasta, cooked	1/2 cup

Figure 6

Peas, dried, cooked	1/2 cup
Peas, green	1/2 cup
Pita, 6" diameter	1/2
Popcorn, popped	3 cups
Potato, baked or boiled	1 small (3 oz.)
Potato, mashed	1/2 cup
Pretzels	3/4 oz
Raisin bread, unfrosted	1 slice (1 oz.)
Rice cakes, 4" diameter	2
Rice, white or brown, cooked	1/3 cup
Roll, plain, small	1 (1 oz.)
Saltine-type crackers	6
Stack chips, fat-free	15-20 (3/4 oz.)
Squash, acorn, butternut	1 cup
Tortilla, corn 6" diameter	1
Tortilla, flour 8" diameter	1
Waffle, 4 1/2" square	1
Yam/sweet potato, plain	1/2 cup

Figure 7

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VEGETABLE

*Serving sizes are

$\frac{1}{2}$ cup of cooked vegetables

$\frac{1}{2}$ cup vegetable juice

1 cup raw vegetables

- Artichoke
- Artichoke hearts
- Asparagus
- Bean Sprouts
- Beans (green, wax, Italian)
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green onions
- Greens (collard, kale, mustard, turnip)
- Kohlrabi
- Leeks

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- Mixed vegetables (without corn, peas)
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers (all varieties)
- Radishes
- Salad greens (endive, lettuce, romaine)
- Sauerkraut
- Scallions
- Spinach
- Summer squash
- Tomatoes, fresh, canned, sauce, paste
- Turnips
- Water chestnuts
- Watercress
- Zucchini

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Figure 8

Figure 9

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FAT

Avocado, medium-----1/8 (1 oz)
 Bacon, cooked-----1 slice (20 slices/lb.)
 Bacon, grease-----1 tsp
 Butter, reduced-fat-----1 Tbsp
 Butter, stick-----1 tsp
 Butter, whipped-----2 tsp
 Coconut, sweetened, shredded-----2 Tbsp
 Cream cheese, reduced fat-----2 Tbsp (1/2 oz)
 Cream cheese, regular-----1 Tbsp (1/2 oz)
 Cream-----2 Tbsp
 Half and Half-----2 Tbsp
 Lard-----1 tsp
 Margarine, 30% to 50% vegetable oil-----1 Tbsp
 Margarine, stick, tub or squeeze-----1 tsp
 Mayonnaise, reduced-fat-----1 Tbsp
 Mayonnaise, regular-----1 tsp
 Nuts, almonds, cashews-----6 nuts
 Nuts, walnuts, English-----4 halves
 Oil, canola, corn, safflower, soybean, olive,
 or peanut-----1 tsp
 Olives, green, stuffed-----10 large
 Olives, ripe (black)-----8 large

Figure 10

42

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Peanut butter, smooth or crunchy-----2 tsp
 Peanuts, dry roasted-----10 nuts
 Pecans-----4 halves
 Salad dressing, reduced-fat-----2 Tbsp
 Salad dressing, regular-----1 Tbsp
 Seeds, pumpkin, sunflower-----1 Tbsp
 Sesame seeds-----1 Tbsp
 Shortening-----1 tsp
 Sour cream, reduced-fat-----3 Tbsp
 Sour cream, regular-----2 Tbsp

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Figure 11

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MEAT &

MEAT SUBSTITUTES

Beef (corned beef, ground, organ meats, roast, short ribs, steak, tenderloin) lean, trimmed of fat 1 oz
 Cheese 1 oz
 Chicken, white or dark meat 1 oz
 Cornish hen, no skin 1 oz
 Cottage cheese, nonfat or low-fat 1/4 cup
 Egg substitutes, plain 1/4 cup
 Egg whites 2
 Egg, whole 1
 Fish (cod, flounder, haddock, halibut, trout), fresh or frozen 1 oz
 Game (duck, goose, pheasant, venison, buffalo, ostrich, rabbit) 1 oz
 Herring (uncreamed or smoked) 1 oz
 Hot dogs 1 oz
 Lamb (roast, chop, leg) 1 oz
 Luncheon/Deli meats 1 oz
 Oysters 6 medium

Figure 12

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Pork (chop, culet, ground, ham, organ meats, roast, steak, spareribs, tenderloin) lean 1 oz
 Sardines (canned) 2 medium
 Sausage (bratwurst, Italian, knockwurst, Polish, smoked) 1 oz
 Sausage, 1 gram fat/oz or lower 1 oz
 Shellfish (clams, crab, lobster, scallops, shrimp, imitation shellfish) 1 oz
 Soy milk 1 cup
 Tofu 4 oz or 1/2 cup
 Tuna, fresh or canned (drained) 1 oz
 Turkey, white meat, no skin 1 oz

* Limit high-fat meats (e.g. pork spareribs, ground pork, all sausage, or other meats with 8 grams fat/oz or more) and high-fat cheeses (e.g. American, cheddar, Monterey Jack, Swiss) to 3 servings per week or less

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Figure 13

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FRIE FOODS

Food with a serving size listed and limited to 3 servings per day

Bouillon, broth, consommé	1 1/2 cup
Candy or M&M's, sugar-free	2 1/2 tsp
Catsup	1 1/2 tsp
Chili, soda	1 1/2 cup
Cocoa powder, unsweetened	1 1/2 tsp
Coffee	1 1/2 cup
Cream cheese, fat-free	1 1/2 tsp
Creamers, nondairy, fluid	1 1/2 tsp
Chesters, nondairy, powdered	2 1/2 tsp
Chili, sugar-free	1 1/2 cup
Flavoring, extract	1 1/2 tsp
Graham, sugar-free or unflavored	1 1/2 cup
Gum, sugar-free	1 1/2 tsp
Hot pepper, sauce	1 1/2 tsp
Jam or jelly, low sugar	2 1/2 tsp
Jelly or fruit, fruit	1 1/2 cup
Margarine, fat-free	1 1/2 tsp

Figure 14

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Margarine, reduced fat	1 1/2 tsp
Mayonnaise, fat-free	1 1/2 tsp
Mayonnaise, reduced fat	1 1/2 tsp
Mustard	1 1/2 tsp
Nonsick cooking spray	1 1/2 tsp
Pickles, dill	1 1/2 large
Salad dressing, fat-free, Italian	2 1/2 tsp
Salad dressing, fat-free	2 1/2 tsp
Salsa	1 1/2 cup
Soft drinks, sugar-free	1 1/2 cup
Sour cream, fat-free	1 1/2 tsp
Soy, sauce	1 1/2 tsp
Spices or herbs, fresh or dried	1 1/2 tsp
Sugar substitutes	1 1/2 tsp
Syrup, sugar-free	2 1/2 tsp
Taco sauce	1 1/2 cup
Tea	1 1/2 cup
Flavor water, sugar-free	1 1/2 cup
White, sugar-free	1 1/2 cup
Whipped topping, regular or light	2 1/2 tsp
Wine, used in cooking	1 1/2 cup
Worcestershire sauce	1 1/2 tsp

Figure 15

62
↓
TOTAL 22863610

64
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Daily Instructions

1. Begin each day with all of your exchange cards in the front pocket.
2. After each meal and snack, calculate how many of each exchange was consumed and move those cards to the back pocket.
3. Remember to return all of the exchange cards to the front pocket at the start of each day.

Other reminders

- Check your feet daily.
- Never go barefoot or wear open-toed shoes.
- Get annual eye exams by optometrists or ophthalmologists.
- Follow your health care provider's instructions for routine physical exams, blood tests and other procedures.

Figure 16

Number of Exchanges For Each Calorie Diets

Exchanges	1200	1500	1800	2000	2200
Starch	4	6	8	9	11
Meat**	5	5	5	6	6
Vegetable	3	3	4	5	5
Fruit	3	3	4	4	4
Milk	2	3	3	3	3
Fat*	4	5	6	7	8

*Based on a diet supplying approximately 30% of the calories as fats.

**Based on lean and medium-lean meats or meat substitutes.

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Figure 17

Sample Menu For an 1800 Calorie Diet

Breakfast

Fruit 1 exch Fat 2 exch
Milk 1 exch Meat 1 exch
Starch 2 exch

Morning Snack

Fruit 1 exch

Lunch

Fruit 1 exch Fat 1 exch
Milk 1 exch Meat 2 exch
Starch 2 exch Vegetable 2 exch

Afternoon Snack

Starch 1 exch

Supper

Fruit 1 exch Fat 2 exch
Milk 1 exch Meat 2 exch
Starch 2 exch Vegetable 2 exch

Evening Snack

Starch 1 exch Fat 1 exch

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Figure 18

Abbreviations

#	number
#"	number of inches
e.g.	for example
exch	exchange
lb	pound (16 ounces)
oz	ounce
Tbsp	tablespoon
tsp	teaspoon

Figure 19

80

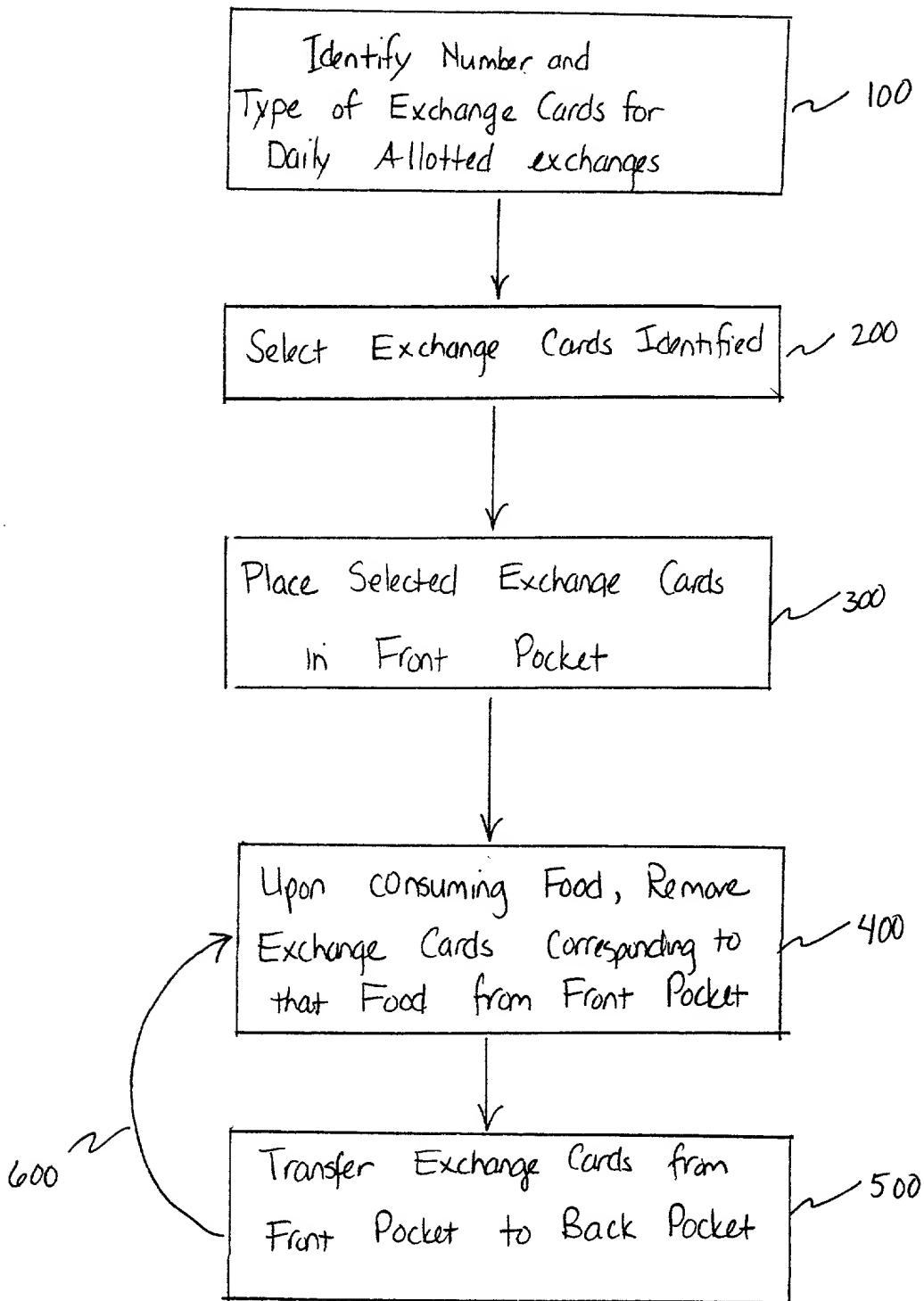


Figure 20